



## YMCA OF MIDDLETOWN ADULT & TEEN GROUP FITNESS CLASSES

Effective 01/14/18

YMCA of Middletown  
81 Highland Avenue  
Middletown, NY 10940  
845-344-9622  
www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>5:45 – 6:30AM</b> CYCLING Cycling Studio John	<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>5:45 – 6:30 AM</b> TABATA Studio John	<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>8:30 – 9:30 AM**</b> CYCLING <b>(Pass required)</b> Cycling Studio Laura
<b>8:00 – 8:45 AM</b> Light & Lively Studio Danny	<b>8:00 – 8:45 AM</b> CHIGONG Studio Randi	<b>8:00 – 8:45AM</b> Light & Lively Studio Candace	<b>7:00-7:45AM (NEW)</b> C.R.U.S.H. Studio Candace	<b>8:00—8:45AM</b> TRX <b>(Space limited—pass required)</b> Studio Laura	<b>8:45 – 9:30 AM **</b> TABATA Studio Shannon/Kelly
<b>9:00 – 10:00 AM*</b> CYCLING Cycling Studio Jen O.	<b>8:50 – 9:50 AM*</b> YOGA – Mixed level Studio Randi	<b>9:00 – 10:00 AM*</b> CYCLING Cycling Studio Jen F.	<b>8:50 – 9:50AM *</b> YOGA – Mixed level Studio Randi	<b>9:00 – 10:00 AM*</b> CYCLING Cycling Studio Laura	<b>9:45– 10:45 AM**</b> "Y" PUMP Studio Jen F.
<b>9:00 – 9:45 AM*</b> B & B 45 Studio Danny	<b>9:00 – 10:00 AM*</b> CYCLING Cycling Studio Jen O.	<b>9:00 – 9:50 AM *</b> STRENGTH & CONDITIONING Studio Laura	<b>9:00 – 9:45 AM*</b> BEGINNER CYCLING Cycling Studio Jen F.	<b>9:00-9:50 AM *</b> STRENGTH & CONDITIONING Studio Jen F.	<b>10:00—11:00 AM**+(NEW)</b> CYCLING Cycling Studio Jen O./Cathy
<b>10:00 – 11:00 AM*</b> TOTAL BODY INTERVAL Studio Val	<b>9:00 – 9:45 AM *</b> ZUMBA Gymnasium Tamika	<b>10:00– 11:00 AM *</b> PILOXING Studio Val	<b>9:15 – 10:00 AM *</b> ZUMBA Gymnasium Contessa	<b>10:00– 11:00 AM*</b> TABATA Studio Val	<b>10:00-11:00 AM**</b> CardioSculpt Base Camp Truly
<b>11:15– 12:15 PM**+</b> YOGA Studio Elizabeth	<b>9:00 – 10:00 AM*</b> SENIORCIZE Wellness Center Mark/ May	<b>11:15– 12:15 PM**+</b> YOGA Studio Jen F.	<b>9:00 – 10:00 AM*</b> SENIORCIZE Wellness Center Mark/ May	<b>11:00– 12:00 AM**</b> ZUMBA Studio Rocio	<b>1:00 – 1:45PM</b> SuperHero Studio <b>(Space limited)</b> Jay
<b>4:30 – 5:30 PM**+</b> CYCLING Cycling Studio Jen F.	<b>10:00 – 11:00 AM*</b> CARDIOSCULPT Base Camp Truly	<b>4:45 – 5:30 PM**+</b> HIIT & SWITCH Studio Kelly	<b>10:00 – 11:00 AM*</b> CARDIOSCULPT Base Camp Truly	<b>4:45–5:30PM**+(NEW)</b> CYCLING Cycling Studio Jen F./Mary	<div style="text-align: center;"><b>SUNDAY</b></div> <b>8:30– 9:30 AM</b> CYCLING Cycling Studio Katherine/Jen O.
<b>4:30 – 5:30 PM **+</b> STRENGTH & CONDITIONING Studio Laura	<b>11:15 – 12:00PM*</b> RELEASE Studio <b>(Space limited)</b> Truly	<b>4:30 – 5:30 PM**+</b> CYCLING Cycling Studio Laura	<b>4:30 – 5:15PM**+</b> TRX <b>(Space limited—pass required)</b> Studio Kelly	<b>5:00 – 5:55PM**+</b> PILATES Studio Leah	<b>8:50 – 9:50 AM**+</b> YOGA Studio Randi
<b>5:45– 6:30 PM**+</b> TRX TABATA Studio Kelly	<b>4:30 – 5:15 PM**+</b> TRX <b>(Space limited– pass required)</b> Studio Kelly	<b>5:35 – 6:35 PM**+</b> BOOT CAMP Gym Joe	<b>5:30 – 6:35 PM**+</b> HALF + HALF Studio Ginny	<b>6:00– 7:00 PM**+</b> ZUMBA <b>(Family)</b> ages 6 & up Studio Danny	<b>10:00 – 11:00 AM**+</b> PILATES Studio Leah
<b>5:45 – 6:30 PM**+</b> BEGINNER CYCLING Cycling Studio Mary	<b>5:30 – 6:35 PM**+</b> HALF + HALF Studio Jen F.	<b>5:45– 6:30 PM**+</b> BATTLEROPIA Studio <b>(Space limited)</b> Jay	<b>6:00 – 7:00 PM**+</b> HALF + HALF Studio Ginny	<b>6:15 – 7:00 PM**+</b> Barre Core Fusion Base Camp <b>(Space limited–pass required)</b> Leah	<b>11:15 – 12:15 PM**+</b> ZUMBA <b>(Family)</b> ages 6 & up Danny Studio
<b>6:45 – 7:45 PM**+</b> ZUMBA <b>(Family)</b> <b>Ages 10 &amp; up</b> Studio Maechin	<b>6:00– 7:00 PM**+</b> CYCLING Cycling Studio Mary	<b>6:00 – 7:00 PM **+</b> Meditation for Optimal Health Conference Room Jen F.	<b>6:00 – 7:00 PM**+</b> CYCLING Cycling Studio Jen O.	<b>7:15– 8:00 PM</b> PiYo <b>(Family)</b> <b>Ages 10 &amp; up</b> Studio Beth	<b>1:00 – 1:45PM</b> SuperHero Studio <b>(Space limited)</b> Jay
<b>7:00– 8:00 PM**+</b> STRENGTH & STRETCH Base Camp Kevin	<b>6:45 – 7:45 PM**+</b> BEGINNER YOGA Studio Elizabeth	<b>6:45– 7:30 PM**+</b> PiYo Studio Katherine	<b>7:00 – 7:30PM**+</b> JUST KETTLEBELLS Base Camp Andre	<b>8:15– 9:00 PM(NEW)</b> POUND Studio <b>(Space limited)</b> Shannon	
<b>8:00– 9:00 PM</b> WARRIOR ROPES Studio <b>(Space limited)</b> Amelia	<b>8:00 – 9:00 PM**+</b> ZUMBA Studio Jonathon	<b>7:45 – 8:45PM</b> P90X Studio Jay	<b>6:45 – 7:45PM**+</b> YOGA Studio Tami	<b>ROOM LOCATIONS:</b> Wellness Center - 1st Floor Studio - Lower Level Conference Rm-Lower Level Base Camp - Lower Level Cycling Studio - 1st floor <i>Classes &amp; times are subject to change.</i>	<div style="text-align: center;"><b>*Child Watch Open</b></div> <div style="text-align: center;"><b>+YFRC Open</b></div>

**B&B 45**– This 45 minute interval class, combining bodyweight and resistance band exercises, is a full body workout that will help increase strength, endurance and flexibility. All fitness levels welcome.

**Barre Core Fusion** – Use your body’s weight as resistance to sculpt, strengthen and lengthen with little or no impact. **BCF** combines small and large ranges of motion with isometric holds and deep stretching with the core strength focus of Pilates to create a long, lean, centered body. **(Pass required)**

**BattleRopia** – Increase stamina and endurance with this fast paced, high intensity interval class. Each interval combines battle rope basics, advanced battle rope techniques and cardio blasts. All skill levels are welcome. Modifications are always available. **(Space limited– first come, first served)**

**Boot Camp Workout** – Specially designed for ALL fitness levels. This workout focuses on pushing you outside your comfort zone, past where you can push yourself. This workout uses weights, tubing, balls, discs, jump ropes etc...This class will help you lose weight and build endurance, increase flexibility, promote better posture and improve balance.

**CardioSculpt** – A low impact class that will raise your heart rate while sculpting, toning and elongating your muscles. This will strengthen your core, arms legs and balance while creating a lean physique. Use of the ballet barre may be incorporated in the workout.

**Chigong** – Movement, self-massage, breathing and meditation increase the body’s reservoir of life energy or chi to bring harmony and balance to the body, mind and spirit, thereby creating health and longevity. This easy to learn exercise strengthens joints and muscles, enhances balance and stimulates the immune and cardiovascular systems. Deep relaxation is achieved creating an overall feeling of well-being and contentment.

**C.R.U.S.H. (NEW)** – This 45 minute full body workout combines **Cardio and Resistance** training in a **Unique and Synergistic** way to provide you with the best **High energy** workout possible. This is the stepping stone you need to **CRUSH** the challenges you may face while working toward a better you. All fitness levels welcome.

**Half and Half** – Work up a sweat and burn fat using components from step, hi/lo impact aerobics, sport drills and strength training. This class uses a little bit of everything to whip you into shape. A high intensity, low to moderate impact class designed for all fitness levels. Class ends with abdominal toning and a total body stretch. Class is appropriate for all fitness levels.

**HIIT & Switch** – High intensity interval training which is safe, effective and challenging for total body conditioning. Challenge yourself through plyometrics, speed, strength, agility, and coordination. Intervals and exercises will vary week to week. Modifications are always offered which makes this class suitable for all fitness levels.

**Just Kettlebells** – This class is designed to introduce you to the foundations of Kettlebell fitness and training. This class is suited for the rookie and the veteran. This class focuses on basic technique. This is a 30 minute energy filled experience.

**Light & Lively** – A class for beginners & the active older adults. Class includes light cardio and exercises for fitness, strength, balance and flexibility.

**Meditation for Optimal Health** – Come to the Y’s meditation class to help significantly reduce the degenerative health effects of stress. You will learn basic meditation techniques that can easily be applied to your everyday life to help improve your health and sense of well being.

**P90X** –This high intensity class offers an amazing amount of variety with each workout targeting a specific goal and focuses on agility, balance, and mobility. It combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching. Class is appropriate for all fitness levels

**Pilates** – Condition the mind and body to strengthen the body’s core unit. A series of exercises will help to develop strength, flexibility and core strength. All levels welcome.

**PILOXING** – A non-stop mix of Pilates, dance, and boxing moves that progress in 3 minute rounds, alternating standing sculpting exercises from ballet and Pilates with the power punches and footwork of boxing.

**POUND (NEW)** – The perfect atmosphere for letting loose, getting energized, toning up & rockin’ out! You become the music using lightly weighted drumsticks in this full body workout that combines cardio, conditioning and strength training with yoga and pilates inspired movements. The workout is modifiable for all fitness levels. **(Space limited)**

**PiYo** – PiYo Strength is a hybrid, athletic workout inspired by the mind/body practices of yoga and Pilates, as well as the principle of sports stretch, strength training, conditioning and dynamic movement. There is not meditation involved in this class. Class includes modifications so everyone can participate, yet offers progressions to challenge the more advanced.

**Family PiYo—Ages 10 & up**

#### **RELEASE**

– Class focusing on proper foam rolling technique. Foam rolling helps break up knots, adhesions and scar tissue that can develop within muscles to help speed the recovery process after working out. This can also enhance circulation and flexibility. Foam rollers are provided but your own may be used. **(Space limited– first come, first served)**

**Seniorcize** – A group exercise class designed specifically for the active older adult. The class is led by two certified personal trainers who utilize the Cybex strength equipment, hand weights, physioballs, and indoor track. Benefits from this class will include improved: strength, flexibility, balance, cardiovascular endurance, and core stability.

**Strength & Conditioning** – This 45 minute class alternates between free weights, exercise tubing, stability balls, or other strength training and conditioning activities.

**Strength and Stretch** – This class incorporates Pilates based movement and stretch and strengthening exercises that will tone and firm your body like nothing else. All fitness levels welcome.

**SuperHero** – Train for performance, improving your endurance, stamina, agility and strength. This high intensity interval training will challenge you and change you.

**TABATA** – is a form of **High Intensity Interval Training** that offers more health benefits than traditional cardiovascular exercise. You will work hard for 20 seconds and rest for 10 seconds for a series of 8 intervals (a total of 4 minutes). You will recover for one to two minutes after each 4 minute interval. This workout increases endurance and stimulates fat loss.

**Total Body Circuit** – Boost your metabolism and get lean with our total body circuit — single sets of exercises, back-to-back, station-to-station. Exercises will be alternated with cardio intervals. Class is appropriate for all fitness levels.

**Total Body Interval** – A step aerobic interval class combining cardio and strength training to burn fat and tone muscles.

**TRX** – The TRX Suspension Trainer is the best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You’re in control of how much you want to challenge yourself on each on each exercise by simply adjusting your body position to increase or decrease resistance. **(Pass required)**

**Warrior Ropes** – A high intensity interval class using battle ropes, body weight and hand weights. All fitness levels welcome. **(Space limited– first come, first served)**

**“Y” PUMP** – This 60 minute workout challenges all of your major muscle groups by using the best weight room exercises like squats, lifts, presses, and curls. Choreographed exercise along with your choice of weights. Class is appropriate for all fitness levels.

**Yoga** – Find new and interesting ways to increase your flexibility, enhance your breathing, reduce tension, and improve the quality of your life. Leave the class feeling stress-free and re-energized. All fitness levels welcome.

**Zumba (Ages 13 & up)** – A fusion of Latin and International music with dance themes that create a dynamic, exciting, effective fitness system! Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. **Friday & Sunday Family Zumba** – Ages 6 & up.